

Coaching at the Grass Roots

IT'S PRACTICE TIME

10-12 year olds

Season II PART 1



Dribbling

Key Factors:

1. Heads up.
2. Change speed.
3. Change direction.
4. Use different parts of the foot.

Let's Practice!

10-12 year olds

EQUIPMENT CHECK: Ball for each player, cones and bibs.

Warm-Up (20 minutes)

Set up a 25m x 35m rectangle.

Step 1. Divide team up into thirds. Give each group a colored bib – red, green, and yellow.

Step 2. Have all three groups, each player with a ball, move into the rectangle.

Step 3. Have the players move about the rectangle with the ball under control using the following commands – “stop”, “go”, “turn”, “change”. **(See 6/7 and 8/9 May practices for more instructions regarding use of feet, surfaces, changing direction, changing speed, using space.)**

Step 4. Have one team (red) put their balls outside the rectangle. Team Red now moves into the rectangle and puts “slight” pressure on the players with soccer balls. The players with the soccer balls must move away from red players. Red players may take the balls away if the opposing player kicks it too far ahead.

Red players may only put pressure on from the front. Once the player with the ball moves away (changes direction or turns), the red player must put pressure on another player with a ball.

After two minutes, change teams. Repeat after two more minutes.

Step 5. Red team, without soccer balls, now has the task of taking the soccer balls from the other players and kicking them out of play. The others play “keep away” until all the balls are kicked out of the rectangle. Coach times how long this takes.

Repeat. The other two teams, in turn, take the role of the red team.

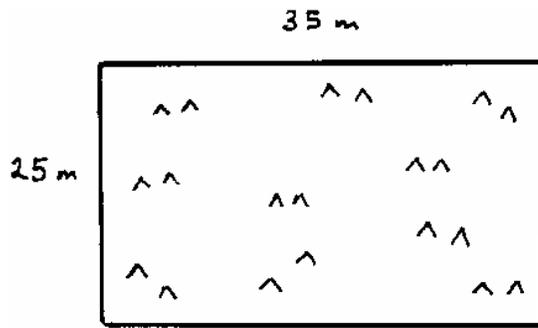
The team with the fastest time clearing the balls out of play, wins. OR – the two teams keeping the balls in play the longest, win.

Skill (20 minutes)

Set up a 25m x 35m rectangle.

Divide the players into two teams, red and blue. Divide each of the two teams again using bibs to designate 2 red groups, 2 blue groups.

Scatter 10 pairs of cones, 1m apart, to make 10 small goals within the rectangle.



One team of red and one team of blue are inside the rectangle.

The other two teams stand outside. (Coach, these two teams are resting. If done with the correct intensity, this drill can be quite tiring.)

Red players each have a ball. Blue are without.

Each red player with a ball is assigned a blue defender.

On the command, "Go", each red player tries to dribble through as many small goals as he/she can with the blue defender trying to prevent it. Red players dribble and feint to throw the blue players off as red goes through the cones.

Red cannot go through the same goal twice in a row.

Red must count the number of goals he/she has run through.

After two minutes, the coach yells "Stop" and totals all of the red team's goals.

Game is repeated until each individual group has attacked twice and defended twice.

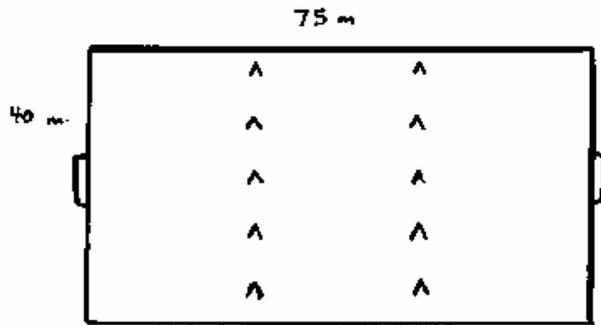
Coach declares a winner. (Color with most goals scored.)

Mini-Game (15 minutes)

Use a mini-field, 40m x 75m.

8 v 8

Divide the field into thirds (use two lines of cones).



Players play a normal game, but with the following conditions:

- They can only dribble in the third of the field that is in front of the goal they are attacking.
- They can only pass or run with the ball in the other two-thirds of the field.
- They must beat, by dribbling, one player on the other team in the third of the field they are attacking before they can score a goal.

Warm-Down (5 minutes)

Players jog slowly around the mini-field twice. They then run in to the coach for final instructions.

Coach, establish the routine that the players gather in a semi-circle in front of you at the end of every game or practice. No one just runs off! This lets you have an opportunity to talk to your team and, then, to dismiss them in an organized fashion.

Practice is over!

Did everyone have fun?

Coach, this practice, as well as all the others offered here, is suitable for use with any age group. Just modify the activities to fit the skill level of your players.

Soccer players learn by having fun and being challenged!



If you have any questions, comments or feedback about this document, or anything involving the Coaching Centre, please send an email to: ray_clark@soccercan.ca